

September Tai Chi & Line Dancing

Starting in October – new quarterly sessions Oct-Dec

Tai Chi Classes

- ❖ Improve Balance
- ❖ Improve Strength of Body
- ❖ Achieve Clarity & Focus of Mind
- ❖ Gain Calmness & Lightness of Spirit



Date: Mondays, starting September 12, 3 weeks

Basic Class

Time: Noon-12:55 p.m.

Cost: \$9 per participant

Advanced Class

Time: 1:00-2:00 p.m.

Cost: \$12 per participant

Instructor: Claudia Olson

Line Dancing

- ❖ Improve your balance
- ❖ Gain confidence & Have Fun
- ❖ Find the beat & Get moving



Date: Thursdays, starting September 8, 4 weeks

Time: 1:30-2:30 p.m.

Cost: \$12 per person

Instructor: Mary Anne Williams



Urbana Senior Center

9020 Amelung Street, Frederick, MD 21704

(located on the lower level of the Urbana Regional Library)

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